

Grace Community Center

484 E. San Fernando St., San José 95112

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Director: Dr. Lisa Blevins

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Bus Lines: 22, 64, 72, 73, 300

Types of Programs: Grace Community Center is a therapeutic recreation center. All classes are designed specifically for adults with mental disabilities. To participate, individuals must be eligible for and enroll in the GCC Program. All classes are ongoing and free to GCC members.

ADULT CLASSES

Aerobics

Free

The purpose of aerobics is to promote cardiovascular fitness, tone and strengthen muscles, and increase range of motion. The fabulous Richard Simmons, whose workout style suits all fitness levels, leads this group via video, with the support of GCC staff.

Instructor: Staff

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.2.726	Sa	On-going	9:30-10am	18+		GC
264.2.739	T	On-going	10:30-11am	18+		GC

Anger Management

Free

This specialized group utilizes cognitive behavioral treatment, which provides individuals tangible tools to use in managing anger and stress. The groups are specifically designed for GCC members and are free of charge. The group offers a safe forum for expression and learning.

Instructor: Zito

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.2.746	M	On-going	1-2:30pm	18+		GC
264.2.747	Th	On-going	9:30-11am	18+		GC

Art & Play Therapy

\$120

This specialized program uses art and play therapy techniques, for children ages 6 to 12 who feel sad, angry, or lonely. Children served often have a difficult time making and keeping friends, and/or have trouble concentrating in school. Qualified clinical professionals lead the groups, which are offered at a nominal fee, for one hour a week for ten weeks. Please call Alison at 408-293-0422 for more information.

Instructor: Staff

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.2.751	TBA	TBA	TBA	6-12		GC



Art Studio

Free

Art Studio is designed for individuals with limited to extensive art experience. The fundamentals and techniques of art are taught to build expertise and confidence. Various media are utilized, including pastels, charcoals and watercolor. Field trips to local museums and art galleries are periodically scheduled.

Instructor: Cashman

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.2.701	M	On-going	10am-12pm	18+		GC

Arts and Crafts

Free

Individuals gain self-confidence and enjoyment through completing projects they can take home, give as gifts, or display at the Center. A wide variety of fun and creative projects are offered in this class, including card making, collages, mosaics, doll making, and more.

Instructor: Andrews/Yamada

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.2.708	Th	On-going	1:30-3pm	18+		GC

Awareness Plus

Free

This educational class focuses on increasing individuals' awareness of themselves and the world around them. Each week offers a new and interesting topic, which often features guest speakers and facilitators, such as, gourmet chefs and health professionals.

Instructor: Andrews

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.2.734	Th	On-going	10:30am-12pm	18+		GC

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ADULT CLASSES

Band Jam

Free

Band Jam is a great chance for musicians of all skill levels to show off their talent or learn a new tune. Anyone who can play a musical instrument from the drums to the cello is welcome to jam with the GCC band. Some instruments are available, including a drum set, electric guitars, basses, acoustic guitars, tambourines, and microphones.

Instructor: Zito

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.2.717	F	On-going	2-4pm	18+		GC

Basketball

Free

GCC's Basketball Program encourages healthy competition for the ambitious player, builds communication and teamwork skills, and promotes fitness and exercise. This time is designed for friendly scrimmages.

Instructor: Cashman

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.2.720	T	Seasonal	10:30am-12pm	18+		GC
264.2.719	M	On-going	2-4pm	18+		GC

Beading Class

Free

In Beading, individuals learn to make beautiful beaded jewelry and decorative pieces for the home. Jewelry making techniques are demonstrated and taught using special tools and materials. Creative design is also taught using a variety of colored plastic, glass, crystal, wood, metal and bone beads. Individuals are encouraged to develop and create their own unique, eye-catching pieces.

Instructor: Montelaro

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.2.705	W	On-going	10am-12pm	18+		GC

Bingo

Free

Come play a friendly game of Bingo, GCC's participant-facilitated program on Saturdays. Bingo offers a great opportunity for socialization and group cooperation. Players are given two bingo cards and can win up to three bingo tickets a day, which are redeemable for prizes. Prizes are awarded twice a month to all lucky winners.

Instructor: Staff

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.2.732	Sa	On-going	1-2pm	18+		GC

Clothes Closet

Free

The Clothes Closet offers individuals a "thrift store" style shopping experience. All clothes and accessories have been donated by individuals and agencies throughout the community. They have been laundered, and are of good quality. Individuals are provided an opportunity and are encouraged to maintain a clean, healthy appearance, while building a confident self-image.

Instructor: Staff

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.2.742	T	On-going	10am-12pm	18+		GC
264.2.743	Sa	On-going	2:30-3:30pm	18+		GC

Community Group/Meeting

Free

This weekly discussion focuses on local, national, and international issues and events. The group is also a place for individuals to discuss issues of daily living in our community share questions or concerns and learn about GCC programming changes. The group offers a supportive, interesting, and educational environment, and is designed to increase individuals' awareness.

Instructor: Andrews

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.2.733	M	On-going	10:30am-12pm	18+		GC
264.2.759	T	On-going	9:30-10am	18+		GC
264.2.757	W/Th/F	On-going	10-10:30am	18+		GC
264.2.756	S	On-going	9:15-9:30am	18+		GC

Computer Learning Lab

\$TBA

Due to the help of two very special community volunteers, GCC now has three computers available for those who have basic computer skills to use independently. These two Volunteer Computer Trainers host a learning lab for those needing one-on-one assistance navigating the computers.

Instructor: Volunteers

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.2.753	M/T/F	Ongoing	10:30am-12pm	18+		GC

Creative Corner

Free

In Creative Corner, individuals are encouraged to express themselves through their art. A variety of tools and materials are available for artistic expression. Each class begins with a demonstration to inspire creativity and discussion.

Instructor: Nguyen

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.2.709	Sa	On-going	1:30-2:30pm	18+		GC

Creative Writing

Free

Creative Writing group is for individuals who like to write for the sake of expression. Journal writing, short stories, poetry, songs, editorials, and letter writing are among the types of works that are produced. The class is also responsible for writing, designing, editing, and distributing the GCC participant newsletter.

Instructor: Morse

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.2.735	T	On-going	1-2pm	18+		GC

Dances

\$2

The Center hosts a lively dance featuring talented DJs and live bands who perform for the crowd's dancing and listening enjoyment. The dances are held on the second Friday of each month in the gym.

Instructor: Staff

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.2.713	2nd Friday each month		7-9pm	18+	GC	

Drop-In to Grace**Free**

This is an evening at GCC devoted to recreation and PLAY. The Center is open for individuals to play pool, ping-pong, air hockey, cards, and board games. There are also two big screen TVs for your viewing pleasure and two jukeboxes for your listening pleasure. It is unstructured time for playing, socializing, or just quietly sipping coffee.

Instructor: Gonzalez/Teerman

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.2.730	F	On-going	5:30-7:30pm	18+		GC

Flying Ladies**Donation Suggested**

Pre-registration is required to participate in this outing. This enchanting all-day outing offers women the opportunity to explore their world with friends. The women collaborate to prepare a nutritional lunch and engage in positive social interaction during excursions to hot spots around the Bay Area, including museums in San Francisco, the Monterey Bay Aquarium, beaches in Carmel, and countless thrift stores. Transportation is provided and individuals should meet at GCC one half hour before departure. Space is limited, so please arrive early.

Instructor: Andrews

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.2.738	W	On-going	10am-4pm	18+		GC

Games Club**Free**

The Games Club encourages individuals to get into the mix and PLAY. Through healthy competition, individuals naturally socialize with their peers. They also build self-esteem, learn how to follow rules of the game, and most importantly they demonstrate fair play.

Instructor: Staff

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.2.718	Sa	On-going	10:30am-12pm	18+		GC

Gardening**Free**

GCC's garden area provides a pleasant, peaceful environment within the busy downtown area, with a lovely fountain, shade trees, and beautiful flowers. Individuals experience nature through the flora and fauna of the garden and they learn how to prune, plant, fertilize, and care for plants.

Instructor: Cashman

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.2.731	F	On-going	10am-12pm	18+		GC

Happy Hour at Grace**Free**

Individuals in recovery from mental illness and addiction are welcome to enjoy an evening at Grace, to spend time with friends, and relax in a safe and sober environment. Refreshments are served.

Instructor: Adamski

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.2.758	M	On-going	5:30-7:30pm	18+		GC

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Healing Through Art Suggested Donation (\$120)

This specialized program is designed for women survivors of abuse and uses art therapy to facilitate deeper therapeutic work in dealing with the effects of abuse. Where verbal therapy leaves off, art offers a creative, symbolic method to work through traumatic memories, physical symptoms, anxiety, depression, eating disorders, and disassociation. The group provides a forum for discussion, feedback, support, and community building for women who are often otherwise isolated. The group is facilitated by clinical professionals with experience in women's issues. Please call 408-293-0422 for more information and to arrange a free initial assessment. Pre-registration is required.

Instructor: Staff

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.2.752	TBA	TBA	TBA	18+		GC
264.2.754	TBA	TBA	TBA	18+		GC

Hip-Hop Dance**Free**

Dancing is not only fun and lively, it's great exercise. This is not your typical dance class! The Hip-Hop dancers meet for 30 minutes Monday mornings to work up a sweat. The latest, greatest dance moves are taught to the beat of your favorite Hip-Hop tunes.

Instructor: Staff

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.2.722	M	On-going	9:30-10am	18+		GC

Living With Grace**Free**

Living With Grace takes practice. This group helps individuals with mental illness and addiction issues explore and learn strategies for living a healthy and balanced life. Developing healthier life-styles takes practice, patience, and a strong support system. Let the Living With Grace group help you find balance in your life.

Instructor: Adamski/Hoffmaster

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.2.749	M	On-going	2:30-4pm	18+		GC
264.2.709	M/W/Th	On-going	2-3:30pm	18+		GC

Life Skills**Free**

This skill-building group promotes further development of critical skills necessary for successful community living

Instructor: Adamski

Course#	Day	Date	Time	Age	Mtg.	Loc.
	W	On-going	10:30am-12pm	18+		GC

Men's Club

Men's Club offers men a safe and comfortable setting to share and express their life experiences, happiness and joys, and/or pain and sorrows. Here, men can engage in positive social interactions over a strong cup of coffee and a light snack. In this group, men form close bonds with peers, voice their thoughts and concerns, and receive positive feedback.

Instructor: Zito

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.2.750	W	On-going	1-2pm	18+		GC

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ADULT CLASSES

Nature Outing

Free

Pre-registration is required to participate in this outing. The goal of the outing is to enable individuals to access nature and to reduce stress through hiking. Each week hikers visit beautiful wooded areas, mountains, streams, and bay-lands throughout the Bay Area. The outings encourage an appreciation of natural environments. Transportation is provided and individuals should meet at GCC one half hour before departure. Space is limited, so arrive early.

Instructor: Cashman

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.2.737	W	On-going	10:30am-4:30pm	18+		GC

Night of the Arts

Free

A portion of the evening is devoted to the study of works by famous artists. These studies offer inspiration for individuals to complete the evening's art project. Instruction and various media are available, including pastels, charcoals, and watercolor. Field trips to local museums and art galleries are periodically scheduled.

Instructor: Andrews

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.2.704	T	On-going	5:30-7:30pm	18+		GC

Show Time!

Free

Come see the latest video releases and popular classics shown on GCC's big screen TV. Snacks and refreshments are served.

Instructor: Gonzalez

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.2.715	Th	On-going	5:30-7:30pm	18+		GC
264.2.716	Sa	On-going	2-4pm	18+		GC

Open Studio

Free

Open Studio offers an artistic space for artists to work on long-term, individual projects in a quiet and creative environment. A variety of materials are made available for individuals to explore their creative potential at their own pace. Guidance and art instruction are available.

Instructor: Staff

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.2.702	T	On-going	10am-12pm	18+		GC

Safe Circle

Free

This is a 10-week activity-based program designed for women with mental disabilities who are survivors of abuse. Safe Circle's goal is to reduce re-victimization and increase personal safety by building safety skills and improving self-esteem, communication, and healthy daily habits. Dinner and transportation are provided. Pre-registration is required. Please call 408-293-0422 to register.

Instructor: Reyna/Teerman

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.2.744	TBA	TBA	TBA	18+		GC

Sewing

Free

This class is geared toward all levels of sewing ability, from novice to experienced. Individuals are encouraged to use their creative skills and make a variety of projects, including pillows, cosmetic or tote bags, stuffed animals, aprons, clothing and holiday gifts, all on high quality, easy-to-use sewing machines. They can also mend, hem, and make minor repairs to clothing with the help of experienced class facilitators.

Instructor: Reyna/Yamada/Morse

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.2.706	T	On-going	1-3pm	18+		GC
264.2.707	Th	On-going	10am-12pm	18+		GC

Softball

Free

Softball has always been a favorite pastime at GCC. The GCC Chiefs, GCC's talented softball team, play in the City of San José Citywide Adult Sports Softball League every summer. The team is comprised of GCC members and staff, and practices are held each week at a local park or ball field. Game times and locations TBA.

Instructor: Cashman

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.2.721	T	Seasonal	10:30am-12pm	18+		GC

Stained Glass

Free

All phases of the art of stained glass are taught in this class, including project design, glass cutting and shaping, lead soldering and glass cleaning. A variety of colored and textured glass is available. Space is limited.

Instructor: Cashman

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.2.703	T	On-going	1-3:30pm	18+		GC

Stretching

Free

Come take a morning stretch to refresh and renew. Stretching relieves muscle tension, improves circulation, and increases range of motion. It is a healthy way to begin an active day.

Instructor: Gonzalez

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.2.727	T	On-going	10-10:30am	18+		GC
264.2.725	F	On-going	9:30-10am	18+		GC

Tasteful Living

Free

Come enjoy the finer things in life! Spruce up your look - learn how a change of clothing or hair style can transform your attitude and personality. Add some flavor to your life - learn basic cooking skills and table etiquette. This class teaches ways to enhance your lifestyle. Check it out.

Instructor: Andrews

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.2.724	M	On-going	2-3pm	18+		GC

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The Entertainer/Karaoke**Free**

The Entertainer is a "talent show" that welcomes all talents. Individuals bring a song, story, poem, dance or joke to share with their peers. Using the GCC's jukebox, karaoke player and microphone, entertainers dazzle the audience with original works and popular music selections.

Instructor: Staff

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.2.712	T	On-going	2-3:30pm	18+		GC
264.2.710	F	On-going	10:15am-12pm	18+		GC

The New You Salon**Free**

The Salon offers hair washing, cutting, and styling by appointment only. The Salon program provides a fun and casual atmosphere for socialization and education. Individuals learn the importance of personal hygiene and healthy grooming skills, and are provided an opportunity to maintain a clean and healthy appearance while building a confident self-image.

Instructor: Reyna

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.2.741	F	On-going	1:30-4pm	18+		GC

By Appointment Only

Ultimate Weight Loss

Are you ready to change your lifestyle and reap the benefits? This group focuses on making positive changes in your life so you feel healthier, have more energy, increase your self esteem, lower your stress, boost your mood and reduce health problems through changing your attitude and beliefs around food and nutrition.

Instructor: Staff

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.2.740	T	On-going	11am-12pm	18+		GC

Up in Smoke**Free**

This specialized group offers education and support for individuals who want to quit smoking or radically reduce their dependence on nicotine. Due to the nature of GCC's participants' mental health issues, they rely primarily on the availability of regular group support in an effort to gain greater control over their habit.

Instructor: Adamski/Hoffmaster

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.2.748	T	On-going	10:30am-12pm	18+		GC

SPECIAL EVENTS

The Holiday Season is upon us! Join Grace Community Center to celebrate the following event with good friends, delicious food and lively entertainment. For more information, please call Grace Community Center at 408-293-0422.

Halloween Costume Party **\$3.00**

Friday, October 29, 2004
5-9pm

Thanksgiving Dinner Dance **\$3.00**

Tuesday, November 23,
2004 5-9pm

Thanksgiving Day Luncheon **Free**

Thursday, November 25, 2004
10am-2pm

Holiday Party **\$3.00**

Friday, December 17, 2004
5-9pm

Christmas Eve Day **Free**

Friday, December 24, 2004
9am-1pm
Reduced programming.

Christmas Day Luncheon **Free**

Saturday, December 25, 2004
10am-2pm.

New Year's Eve Day Luncheon **Free**

Friday, December 31, 2004
9am-1pm.

New Year's Day Luncheon **Free**

Saturday, January 1, 2005
11am-5pm.

Volunteers Needed!!

The Grace Community Center Volunteer Program is designed to provide support for all facets of Center operations. It is our goal to provide you with a meaningful and rewarding volunteer experience. Volunteer opportunities at Grace include program/activity facilitation, office assistance/reception, Center maintenance and beautification, etc. These opportunities are available to Grace participants, individuals in the community, students, and individuals needing to complete community service hours. We greatly value the hard work and fresh new energy that volunteers bring to our Center. Please contact the Volunteer Coordinator for more information, M-F 9am – 4pm, at 408-293-0422.